

In the Claims:

Please amend the claims as follows:



## Claims

### What is claimed is:

1. (Currently Amended) ~~Dumbbell~~ A dumbbell with a dumbbell handle element (2) and with at least one holder for removable fastening of one or more weight disks (8, 8a, 8b) on one end of the dumbbell handle element (2), ~~characterized in that, wherein~~ the at least one holder ~~consists of~~ comprises a casing (3, 4), the interior (6) of which is open on a front side facing away from the dumbbell handle element (2) for insertion and removal of the weight disks (8, 8a, 8b), and that locking means are provided on the casing (3, 4) that act in combination with the weight disks (8, 8a, 8b) on their outer circumference.

2. (Currently Amended) ~~Dumbbell~~ A dumbbell with a dumbbell handle element (2) and with at least one holder for removable fastening of one or more weight disks (8, 8a, 8b) on one end of the dumbbell handle element (2), ~~characterized in that~~ wherein electronic circuitry (9, 11) is provided for on the dumbbell handle element (2) and/or on the at least one holder (3, 4).

3. (Currently Amended) ~~Dumbbell~~ A dumbbell with a dumbbell handle element (2) and with at least one holder for removable fastening of one or more weight disks (8, 8a, 8b) on one end of the dumbbell handle element (2), ~~whereby~~ wherein the at least one holder consists of a casing (3, 4), the interior (6) of which is open on a front side facing away from the dumbbell handle element (2) for insertion and removal of the weight disks (8, 8a, 8b), and whereby locking means are provided on the casing (3, 4) that act in combination with the weight disks (8, 8a, 8b) on their outer circumference, ~~characterized in that~~ the locking means consist of at least one swiveling locking element (14) ~~for example,~~ which locks the weight disks (8, 8a, 8b) accommodated in the interior (6) in recesses (18, 19, 22) with an edge area.

4. (Currently Amended) ~~Dumbbell~~ A dumbbell with a dumbbell handle element (2) and with at least one holder for removable fastening of one or more weight disks (8, 8a, 8b) on one end of the dumbbell handle element (2), ~~whereby wherein~~ the at least one holder consists of a casing (3, 4), the interior (6) of which is open on a front side facing away from the dumbbell handle element (2) for insertion and removal of the weight disks (8, 8a, 8b), whereby locking means are provided on the casing (3, 4) that act in combination with the weight disks (8, 8a, 8b) on their outer circumference, ~~characterized in that~~ locking means are provided on the casing (3, 4) that act radially upon the weight disks (8, 8a, 8b) on their outer circumference, ~~that~~ the locking means consist of at least one swiveling locking element (14) ~~for example~~, which locks the weight disks (8, 8a, 8b) accommodated in the interior (6) in recesses (18, 19, 22) with an edge area.

5. (Currently Amended) ~~Dumbbell~~ A dumbbell with a dumbbell handle element (2) and with at least one holder for removable fastening of one or more weight disks (8, 8a, 8b) on at least one end of the dumbbell handle element (2), ~~characterized by~~ comprising at least one active or passive electric or electronic component in the dumbbell handle element (2) and/or in the at least one holder (3, 4), ~~which (component)~~ the electronic component acts in combination with an external anti-theft device.

6. (Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, further comprising locking means ~~are~~ provided on the casing (3, 4) that act radially upon the weight disks (8, 8a, 8b) on their outer circumference.

7. (Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 6, wherein the locking means consist of at least one swiveling locking element (14) ~~for example~~, which locks the weight disks (8) accommodated in the interior (6) of the casing (3, 4) by interlocking on their outer circumference.

8. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 6, wherein the locking means consist of at least one swiveling locking element ~~(14) for example,~~ which locks the weight disks ~~(8, 8a, 8b)~~ accommodated in the interior ~~(6)~~ in recesses ~~(18, 19, 22)~~ with an edge area.

9. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in claim 8, ~~characterized in that~~ wherein the edge area of the weight disks ~~(8)~~ is an outer circumference of these disks.

10. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in claim 8 ~~or 9, characterized in that,~~ wherein the edge area consists of an opening ~~(20)~~ of the respective weight disk ~~(8a, 8b)~~.

11. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ the claim 8, further comprising recesses interlocking with the edge area of the weight disks ~~are~~ formed on the inner surface of the casing ~~(3, 4)~~.

12. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 11, wherein the recesses holding the edge area of the openings ~~(20)~~ of the weight disks ~~(8a, 8b)~~ are formed on a journal ~~(21)~~ located in the interior ~~(6)~~ of the casing ~~(3, 4)~~.

13. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, wherein in the interior of the casing ~~(3, 4)~~, ~~for example~~ on an inner surface of an outer wall ~~(13)~~ of the casing and/or on a journal ~~(21)~~ located in the interior ~~(6)~~, there is a rubber-elastic bearing surface for the weight disks ~~(8, 8a, 8b)~~.

14. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~

claim 1, wherein the weight disks are rubber-elastic at least on an area bearing against the casing when the locking element is locked and/or against a journal ~~(21)~~ located in the casing

15. (Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, wherein the locking element ~~consists~~ means consist of at least one swiveling cam located on the casing ~~(3, 4)~~.

16. ((Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, wherein the locking means consist of at least one swiveling locking element ~~(14)~~ ~~for example~~, which locks the weight disks ~~(8, 8a, 8b)~~ accommodated in the interior ~~(6)~~ in recesses ~~(18, 19, 22)~~ with an edge area.

17. (Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, wherein locking means are provided on the casing ~~(3, 4)~~ that act radially upon the weight disks ~~(8, 8a, 8b)~~ on their outer circumference.

18. (Currently Amended) ~~Dumbbell~~ The dumbbell as claimed in ~~one of the foregoing claims, characterized in that~~ claim 1, wherein the at least one holder consists of a casing ~~(3, 4)~~, the interior ~~(6)~~ of which is open on a front side facing away from the dumbbell handle element ~~(2)~~ for insertion and removal of the weight disks ~~(8, 8a, 8b)~~, and that locking means are provided on the casing ~~(3, 4)~~ that act in combination with the weight disks ~~(8, 8a, 8b)~~ on their outer circumference.